Historic, archived document

Do not assume content reflects current
scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

2

HOUSEKEEPERS' CHAT Wednesday, March 23, 1932.

Hh

(NOT FOR PUBLICATION)

Subject: "A One-Course Luncheon with Cream Soup. "Information approved by the Bureau of Home Economics, U. S. D. A.

Some of the most worthwhile people in this world aren't properly appreciated. We're likely to give our attention to spectacular people, you know, and let the good, substantial, simple folk go unnoticed.

That's the way it often goes with food, too. Letters come in so often asking how to make fancy cakes and fix party refreshments, but it's only once in a long, long time that some wise housewife asks how to make a perfect stew or a simple, substantial cream of vegetable soup. Yet it's such good, substantial foods as these that we can depend on when purses are slim and when we want to feed the family well but simply.

Cream soups deserve an important place on any family's table. Served piping hot, they're especially good for chilly weather. They're also good for the children. Such an easy and delicious way of serving those two foods needed by young growing bodies--milk and vegetables.

"But why spend time discussing soup?" says Arabella. "Anybody can make a common, everyday dish like soup."

Yes, most people can make soup, but not everybody can make perfect soup. In fact, a lot of people I've met can't even make good soup. Though cream soups are simple enough to make, still there are some special points to be observed, if you want to make the kind that will cause the family to beg for second helpings.

First, the cream sauce must be good--not too thick, not too thin, not lumpy. Then the vegetables must be prepared properly. Then they must be combined properly.

Becoming an expert soup maker is worth while, however. You'll feel repaid when you see how your family enjoys this nourishing and inexpensive dish.

Of course, cream soup is too hearty for a dinner menu, when it will be followed with a main course of meat, potatoes, vegetables and so forth. Light soups like broth, or consomme or clear tomato bouillon are the ones for such a meal. But for luncheon or supper, cream soup makes a fine main dish. To go with it, all you need is something crisp and different in color--a sandwich or a salad perhaps, followed by a simple dessert.

Just to show you what I mean, let me give you our menu for today. This is a simple, one-course lunch. Easy to prepare and serve and satisfying to the whole family.

The main dish of the meal is cream of spinach soup--a very handsome soup, by the way, if properly made. Spinach gives it a delightful green color. Some bright red paprika on top and some chopped parsley will make it gay enough for any occasion.

Cream of spinach soup, then. Lettuce, bacon and toast sandwiches. For dessert, diced grapefruit served in the half shell. Just three parts to this luncheon and they can all be served on the table at the same time.

Some of the best cream of vegetable soups are made of raw rather than cooked vegetables. In this way you get all the valuable substances in vegetables that might be lost in cooking.--vitamins, for one thing, and fresh flavor for another. Of course, when you use raw vegetables, you chop or grind them very fine so they will combine with the cream sauce.

Remember that quick turnip soup we talked about one day not long ago? That was made with raw finely chopped turnips. The spinach soup on the luncheon menu for today is made the same way. You either chop the fresh spinach very fine or you grind it up very fine in a meat grinder.

But wait. I might as well give you the recipe for it right now.

Five ingredients.

1 cup of raw ground or finely chopped spinach
1 quart of milk
2 tablespoons of flour
2 tablespoons of melted butter, and
1 teaspoon of salt

I'll go over those ingredients again. (Repeat.)

If you grind the spinach, you want to place a bowl to catch all the juice which runs out of the spinach and add it to the soup. First, heat the milk in a double boiler. Then add to it the flour and fat which have been well blended. Then add the ground spinach and the salt. Stir until the soup is thickened and then cook for about ten minutes.

Easy, isn't it?

Be sure to serve it hot. Warm the soup bowls before hand.

A friend who heard our chat on safety at home last week, has sent in a hint about making cellar stairs safer. To prevent falls, she suggests that there ought to be some warning that the bottom step has been reached. The bottom step in her house is covered with several thicknesses of burlap neatly tacked down. A heavy rug or several thicknesses of old carpet would answer the same purpose. This is safer than painting the last step white, as many people

do, because sometimes the cellar is too dark to see the white step. You can always feel the soft carpet.

I didn't have time to say much last week about the fire hazard, and ways to keep it down around the house. But some very simple precautions will save a good deal of danger. In fact, almost every home fire could have been avoided. Sometimes housekeepers have dangerous ways of doing things around the house.

Many women, for example, have a habit of keeping a box of matches on the shelf of the gas range. That's such a convenient place to set them and have them ready when a match is needed. Yet it's a very dangerous place. When the oven is used for some time, this shelf becomes very hot and the matches may burst into flame.

Another dangerous habit is peering into unlighted, clothes-filled closets with a flaming match. If your closet has no electric light, keep a flashlight right by the door--attached to a cord, if you wish, or on a little shelf. That will give you a safe light and you'll run no danger of starting a fire among your clothes.

Lots of fires have been started by the absent-minded people who left their electric irons turned on. Fortunately today there are a lot of safety devices for irons. But it pays to keep a careful eye on the iron whenever you are using it. It also pays to make an occasional examination of exposed electric wires to see that they are in good condition and to keep out any accumulated rubbish anywhere in the house that might prove good tinder for a fire.

Accumulation of unused material anywhere in the house is a hazard, whether it is just trash, or clothing, furniture, boxes or cartons. Cellars and attics ought to be kept clean and things that must be stored should be packed carefully. Never go searching for things in the attic or cellar with a match or a lighted candle.

"TOMORROW: "Washing Blankets."